

Long Beach Department Parks, Recreation & Marine Community Recreation Services



September 2017

El Dorado Park - Senior Activity Calendar

Special Events/Services

- ◆ 9/4 Facility is CLOSED– Labor Day
- ◆ 9/12 HealthCare Partners– BP Checks
- ◆ 9/12 HealthCare Partners– Medicare 101
- ◆ 9/15 Card Making Class
- ◆ 9/15 Memorial Care BP Checks
- ◆ 9/20 Flower Arranging Class
- ◆ 9/27 Mini Craft Workshop

Weekly Activities

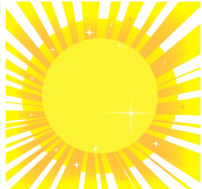
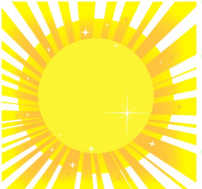



- ◆ Big Band Concert & Dance
Mondays 12-2 p.m.
Wednesday 12:30-2:30 p.m.
- ◆ Bingo
September 5th & 19th

Groups and Club Meetings

- ◆ Quilting Club
Wednesdays (except 3rd) 9:30-12:30 p.m.
- ◆ Crochet & Knitting Club
Fridays 10 a.m.-12 p.m.
- ◆ Cronit Club
Tuesdays 10-11:30 a.m.
- ◆ Book Club
1st Tuesday of the month (9/5) 1 -2:30 p.m.

HSA Senior Lunch Program

Lunches are served Monday-Friday at 11:30am. Lunches must be ordered 24 hours before the day the lunch is needed. Please stop by or call (562) 429-4283.

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	5 Senior Fitness \$3 10 a.m. Card Games 11 a.m.	6 Zumba Gold Toning \$3 9 a.m. Ballroom Dancing \$4 10:30 a.m.	7 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$1 p.m.	8 Zumba Gold \$3 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Almost Ballet \$10 a.m. Card Games 11 a.m.
11 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	12 Senior Fitness \$3 10 a.m. Card Games 11 a.m.	13 Zumba Gold Toning \$3 9 a.m. Ballroom Dancing \$4 10:30 a.m.	14 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$1 p.m.	15 Zumba Gold \$3 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Almost Ballet \$10 a.m. Card Games 11 a.m.
18 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	19 Senior Fitness \$3 10 a.m. Card Games 11 a.m.	20 Zumba Gold Toning \$3 9 a.m. Ballroom Dancing \$4 10:30 a.m.	21 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$1 p.m.	22 Zumba Gold \$3 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Almost Ballet \$10 a.m. Card Games 11 a.m.
25 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	26 Senior Fitness \$3 10 a.m. Card Games 11 a.m.	27 Zumba Gold Toning \$3 9 a.m. Ballroom Dancing \$4 10:30 a.m.	28 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$1 p.m.	29 Zumba Gold \$3 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Almost Ballet \$10 a.m. Card Games 11 a.m.

Monday - Friday
9 a.m. - 2 p.m.

2800 Studebaker Road, Long Beach,
CA 90815 Ph. (562) 570-3225



